

Featured Product for Oct. 1st -31st

Conquering STRESS



Having a good definition of stress is helpful in understanding it and coping with it. Stress can be defined as physical, mental or chemical factors that cause a disruption in our equilibrium, or balance. In short, stress occurs when we are physically or emotionally out of balance! Chronic stress—and accompanying high levels of the stress hormone cortisol—have been linked to every disease state. Some health experts are so convinced of the role of stress in disease, they have gone so far as to label stress the root of *all* disease.

This is a broad definition, but then stress is broad, coming at us from all angles: our environment, diet, relationships, life events—we even bring it upon ourselves.

Author and researcher, Erin Bell, found out just how powerful stress can be: after suffering with various debilitating symptoms, she was finally diagnosed with chronic stress and cortisol levels three times higher than normal. She has since written a book about her journey of letting go of stress entitled—*Miss Diagnosed: Unraveling Chronic Stress*. As Bell explains in her book, beware, stress is a killer and is easily misdiagnosed for other illnesses.

Since we can't avoid stress we have to learn to live with it and control it. Our attitude towards stress will have a lot to do with how well we cope with it, but it's going to take more than a positive attitude; it's going to take proper lifestyle habits and, very importantly, proper nutrition.

Stress Pack offers the single best stress-busting solution available, and it's packaged in convenient take-anywhere packets. Each individual packet contains a unique combination of herbs and nutrients that support and nourish the body—especially the nervous and glandular systems—during times of stress:

- Nutri-Calm – B vitamin formula including vitamin C and calming herbals
- Stress-J – Herbal formula of calming herbals
- Nerve Eight – Herbal formula of nervine herbals
- Adapta Max – Herbal formula of adaptogenic and nutritive herbs that support the energy and glandular systems including the adrenal glands and thyroid gland.

Signs you may be suffering from chronic stress:

- Anxiety
- Decreased tolerance to cold
- Depression
- Frequent infections
- Intolerance to alcohol
- Dizziness upon arising
- Moodiness or easy agitation
- Nervousness
- Low blood pressure
- Low libido
- Weakness
- Headaches
- Food cravings
- Blood sugar disorders and increased abdominal fat
- Memory problems
- Allergies or environmental sensitivity
- Dark circles under the eyes

Source: Nutritional Research News, Issue 5



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15% OFF Full PV
4 For the Price of **3**

Promo#	Description	PV	Mgr.	Assoc. 20%	PC 10%	Retail
P933581	Stress Pack (15%)	39.01	33.16	37.89	42.63	47.36
P933593	Stress Pack (x4)	117.03	117.03	133.74	150.45	167.16

Not valid with any other promotion. Promo may change without notice.

NATURE'S SUNSHINE®